

## **ABSTRACT OF THE DISCLOSURE**

The invention concerns the prebiotic effects of dark fruit and their juices such as blackcurrant, cranberry and pomegranate juices. The invention is also directed to the use of the a dark fruit or dark fruit juice for manufacture of an orally ingestable composition to promote health by promoting the growth of beneficial gut microflora. The beverage can be made from one or more dark fruit juices, in combination with other prebiotics and various other ingredients.